



# Stage 3: MudaGym workout

During MudaGym workout you will learn to successfully complete the workout from the beginning to the end. What different intensities can you apply on the rowing machine and in what phase of the workou

**MudaGym**

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## MudaGym® academy workout

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## The workout

A workout at MudaGym always consists of several steps and never differs from this. The reason for this way of organizing your workout gives stability, clear transition in the workout and provides focus. As trainers, it is important that we ensure that there will be a continuity that is recognizable in any workout. As trainers we have the responsibility to reduce the risk of injuries and let the client train efficiently, effectively and above all in a safe way.

the training has 4 steps that we always go through in this particular order:

1. the warming-up
2. the training
3. the cooling down
4. The after care

## The warming up

The warm-up already indicates it. It is the warm-up for the workout. In every sport this is a common phenomenon. Of course, we too take it seriously and see it as the start of our workout. The ultimate goal of the warm-up is to allow the body to gradually adapt to the effort. With the warm-up we try to achieve the following effects:

- 1 - The heart rate and the volume of the heart chambers are increasing. This allows the heart to pump more oxygenated blood per minute through the muscles.
- 2 - The airways become wider, which increases lung capacity. At the same time, the circulation of blood through the lungs also increases so more oxygen can be absorbed.
- 3 - The body temperature in the muscle's increases, which speeds up the metabolism.
- 4 - The warm-up is a function of warming up the muscles in a careful and controlled way.

This is to avoid overloading the muscles by being cold.

*"Visualize a rubber band that feels cold and stiff, you pull it hard apart which eventually tears due to excessive tension. When the rubber band is stretched gently, the temperature rises and as a result the flexibility increases."*

Flexibility provides more freedom in movement, eliminating impediments and preventing excessive tension in the body. At MudaGym, we use the warm-up also to go through the rowing motion. **In chapter Technical Rowing we explain the rowing motion!**

At Mudagym three components are evident in the warm up which take place in this particular order.

1. technical warm up
2. Increasing warm up
3. intensive warm-up

## Technical warming up

The technical warm up is constructive and gives you, the trainer, time to walk through the movement. The rowing movement consists of 2 phases: the relaxation phase (also recovery) and the tension phase (also the stroke).



As trainers we start building up the movements and start with the arms, then we add the full body and at last we bring the legs in motion. Read chapter rowing motion relaxing phase for a more detailed description.

During the technical warm up, you as a trainer may explore every detail of the body, movement and execution. Use it to clarify everything and bring your client into the secure sequence of movement. Because we expand the range of motion step by step the client can become familiar with the expansion of the motion. This applies to everyone and not just the beginners.

In the technical warm-up, we also bring attention to the tension phase, or the stroke. This motion is the reverse of the relaxation phase. Here we start pushing the legs flat down then we link the movement to the torso which makes a swinging movement and finish it by pulling the hands to the chest. **Read chapter the rowing motion**

#### Increase the intensity of the warming up

During the technical warm-up or immediately after it, it is wise to slowly increase the intensity. We turn this up gently/gradually. After all, our muscles, heart and lungs need time to get used to it.

Gradually we bring up the intensity of the warm up. This is obviously intended to make the muscles warm, flexible and ready for the workout. Besides the fact that we start the workout safely, a constructive warm-up has even more advantages. Remember always this:

*“Technique is always the same regardless of the intensity or rhythm we are in. Technique of the rowing movement remains the same and while increasing pace there should be no difference in the motion either. During a constructive build up we increase the pace controlled up and down. In this stage of the work out we are still focusing on the technique and the sequence of the rowing motion. (Read chapter rowing motion).”*

#### Specific warming up

The specific warm up is the last step in the warm up. Each session has its own specific focus, which can vary from power training, cardio training or strength endurance training. The goal of the workout is immediately visible in the warming up.

The intensive part of the warm-up can be applied in many forms. What we normally do is build up speed and increase the pace step by step. This can take around one and a half minutes to three minutes. The heart rate will increase, and they begin to breathe heavily.

Depending on the type of training, we will adjust the setup of the intensive warm up. If you plan to do a strength workout, then focus more on strength rather than cardio, then keep the pace (Stroke pace) low but increase more in strength or add more resistance.

## The training

In this chapter we describe the different types of training that are possible on the rowing machine. Each training program also has 3 different levels, from explorer to achiever. This is defined by the background of the client, age, physical and mental condition. Each training



form has its own energy supply. We divide the training programs into long endurance training, intensive endurance training, different interval training and strength training. Which is very important not to forget is technical focus!

During the warm up, the purpose of the workout is clearly identified. Anyway, we strive at all times for a clear communication between the trainer and the client. For the client, knowing what is going to happen is a nice thought, but in this way, we also teach them to divide their energy better during the workout. Exercise provides much more than just being tired and sweating. We teach people to move better and to control their energy levels. In doing so, it is always essential that no one gets injured!

### Forms of intensities

In the workouts that we find are different blocks, different intensities and different focusses. In a table we show you all the words and cues that we use to clarify the exercises or intensities that we need to achieve.

A variety of blocks are provided from Mudagym, each reflecting a different function. By recognizing these blocks, you can also deliver a better focused workout.

Professional jargon	Color	Meaning	With what focus
Technical focus on the rowing machine	Orange	It defines a technical exercise of a technical focus for the group	Technical blocks are particularly designed to understand a better posture, what rhythm does, how the rowing motion is build up and which muscles you feel during the rowing motion. The following technical exercises are described below.
Ground exercises	Blue	The focus will be of the rowing machine	Here we do ground exercises with dumbbells, kettlebell, weighted ball, elastics or body weight.
Intensity	Red	The focus will be on power, rhythm and intervals	Here we focus on speed, rhythm and power. Here we work with resistance to make it heavier or lighter.

### Cooldown

With the cool down we always end and is a moment where we give the client time to recover. What do we get out of the cool down? By having everyone calmly unload, the worst of the lactate buildup is drained away, allowing recovery to begin. In addition, we also use the cooling down to stretch the muscles that we have used.

### What kind of stretch exercises?



In general, we can stretch all the muscles after the workout, because rowing activates 86% of all your muscles in the body. Of course, as a trainer, you have to check what kind of training you did. If they focus mainly on the arms and upper body then it is best to give these muscles more attention. If the focus was more on the legs, then it makes sense to stretch the leg muscles.

What muscles are always good to stretch after you have rowed?





1. Hamstrings

This muscle is essential to stretch, because with many clients you will notice that they have difficulty stretching their backs. This is due to hamstring and gluteal muscles that are too short, which puts too much pressure on the (lower)back. After a workout the muscles are well warmed up so it gives the opportunity to stretch the muscle effectively. The stretching of course also stimulates the blood circulation which in turn helps to speed up recovery.



	
<p>Just stand with slight bended knees and roll down till you feel stretch in your hamstring. When you don't touch the ground do this exercise every day 1minute long.</p>	<p>You sit on your bothics and again slightly bended knees. reach out to the toes and grab your ankle then pull yourself downwards to feel stretch in your hamstring and some feel stretch in lower back.</p>

2. Glutes

Gluteal muscles are trained very intensively in rowing. Gluteal muscles are also a connection to the hamstring and lower back muscles. To ensure that the muscles remain flexible, it is wise to stretch them regularly to prevent back problems.

	
<p>While seated on the rowing machine you take your left foot and place it on the right knee. Keep the back straight and hinge forward to feel stretch in the right glutes. Same for the right glutes</p>	<p>While standing you can put your right foot on your left knee. Now you press you bum backwards and drop down (like a squat) on one leg. You feel stretch in the glutes.</p>





	
<p>While seated on the mat you stretch your left leg and take your right foot over the left leg. Place the sole of the foot over the leg on the ground. Bring the heel close to the bum and press the right knee to the left shoulder.</p>	<p>Place the sole of the feet against each other and bring the heel to the bum. Then place your elbows on the knees and gently press them down.</p>

### 3. Back muscles



The back muscles have a tough job not only during sports, but also in daily life. To ensure that the muscles do not get stuck due to excessive sitting or overstraining during training we give extra attention to the back muscles.

By stretching the glutes and hamstring we take away a considerable burden from the lower back. Specifically, the back stretching we will show in an overview with different stretching exercises.

	
<p>Take both hands above your head and gently bend backwards. Feel the stretch in the whole back</p>	<p>Take both hands above your head and gently bend sideways and stretch yourself as far as possible.</p>







	
<p>Lay down on your belly and keep the feet relax. Gently you press yourself upwards till the point where the pelvis still touches the floor.</p>	<p>Lay down on the mat and put both feet flat on the ground and place the legs outside. Then rotate the knees to the left and right till you can't go further anymore or touches the ground.</p>

#### 4. *Shoulder area stretch*

Shoulder area is an extra concern and not only during training, but also during normal life. During our daily life, most people have wrong posture because of sitting too much on the computer, sitting on the phone for a long time with a bent head or lifting heavy objects incorrectly.

Even after training on the rowing machine, the shoulders have been under tension. Partly because we want to, but also because of incorrect posture or heavy lifting. With various stretching exercises we want to prevent neck tension causing headaches, but also maintain mobility in the area.

	
<p>Stretch one arm out in front of you, the other arm goes under the stretched arm and with that arm you pull the arm to the side. For your view: the right arm will be pulled to the left.</p>	<p>Bring one hand behind your head between the shoulder blades, the elbow points out above the head. With the other hand you pull the elbow more behind the head.</p>



Take with the right hand your left ear, you are facing to your right toes and gently you pull the head into a stretch.

### What to do during the cooldown extra?

During the cool down, all clients are moving at a relaxed pace and you have time as a trainer to motivate your clients to come to your next class or next training.

You do this by giving a general compliment about the workout or you can also give some technical focus in general for the whole group to prepare the clients for the new workout. You do this by giving a general compliment about the workout and you give a technical focus for the new workout so the client can prepare themselves for the new workout.

You can also go around giving them a high five or shoulder pat that they did a good job. If you are able and you have the time you may want to give some personal feedback on the technique. However, make sure you check everyone and of course be positive and be constructive in your criticism.

### Aftercare

Aftercare is the last step before the client leaves the studio or gym. Aftercare is the same as good services at the bakery where they ask: anything else?



Why do we like to see good aftercare? It builds a fan base and signals that you're not only there for the client during the workout. Aftercare brings out the next quality.

At the beginning of the training when welcoming the client, we always ask how they are doing and have a small talk. Memorize what the client says and when the client leaves you can come back on it. This could mean wishing them well for something he/she has to do for work, or wishing them a happy vacation. But can also give an extra exercise for home what he/she needs to do to work on his/her technique? Or for physical issues you can provide stretching exercises or in the worst case refer to a physiotherapist.

Aftercare is an acknowledgement to the client that you have listened and are sincere. Building a personal relationship with the client takes time, but you will get the loyalty of the client in return.